

Classes and Workshops

May 2010

Root Diggin' Nation

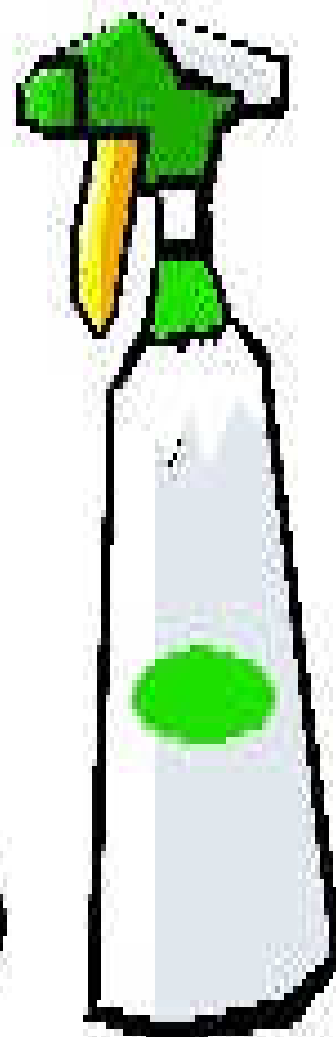


Cheap, Easy & Practical Going Green Household Edition (\$25.00*)

- * Interactive 2 hour Workshop
- * Understanding Chemicals in cleaning supplies and their impact on us and the world
- * Resource list for making your own cleaning supplies
- * Instruction on "how to" within anyone's Time frame
- * 14+ Recipes for Homemade Cleaning Supplies
- * All paid attendees receive a booklet of recipes

Tuesday, May 18, 2010- 6:30pm

Root Diggin' Nation-Washington, MO



Sensible, Practical & Realistic 72 Hour Emergency Kits (\$25.00*)

- * Interactive 2-hour Workshop
- * Sensible & Practical Steps to preparing 3 days of emergency supplies
- * Understanding Why, How, Where, Affordability and MORE
- * Instruction on "how to" use items as crossover supplies
- * All paid attendees will receive a booklet of Back to Basics information to support your steps



Tuesday, May 25, 2010- 6:30pm

Root Diggin' Nation-Washington, MO

**Register at www.wuwunow.org or \$30 at the door.*

Classes and Workshops

May 2010

Live In Spirit



Sensible, Practical & Realistic 72 Hour Emergency Kits (\$25.00*)

- * Interactive 2-hour Workshop
- * Sensible & Practical Steps to preparing 3 days of emergency supplies
- * Understanding Why, How, Where, Affordability and MORE
- * Instruction on "how to" use items as crossover supplies
- * All paid attendees will receive a booklet of Back to Basics information to support your steps



Thursday, May 13, 2010- 6:30pm

Live In Spirit-St. Clair

**Register at www.wuwunow.org or \$30 at the door.*

Smudging and Using Sage-\$15

This class will focus on the use of sacred sage for energy clearing.

- ◆ What is energy clearing
- ◆ What is the history of sage
- ◆ How do you sage a home or other space
- ◆ Each paid attendee receives a blessed sage stick of their own



Thursday, May 27, 2010- 6:30pm

Call 636-629-7776 to register for this class or visit Live In Spirit-St. Clair